

# Welcome to U.S. Embassy Malabo!



# Overview of Equatorial Guinea

➤ The Portuguese explorer, Fernão do Pó, seeking a route to India, is the first European credited with Having landed on the island of Bioko in 1471.

➤ Only African country with Spanish as its official language.



➤ The discovery of oil in Equatorial Guinea has substantially boosted the income per capita from \$590 in 1998 to \$50200 today and Equatorial Guinea has risen to the 3rd largest oil producer in sub-Saharan Africa after Nigeria and Angola. However poverty remains widespread.

# Overview of Equatorial Guinea



➤ The capital of Equatorial Guinea is Malabo which is located on Bioko Island; it is the only country in Africa with its capital on an island.

➤ The second largest city in Equatorial Guinea is Bata, which lies on the Atlantic coast of Rio Muni.



➤ The total size of Equatorial Guinea's mainland and islands is 28,000 square km, approximately the size of Wales in the United Kingdom.



# Questions and Answers About Your Tour of Malabo



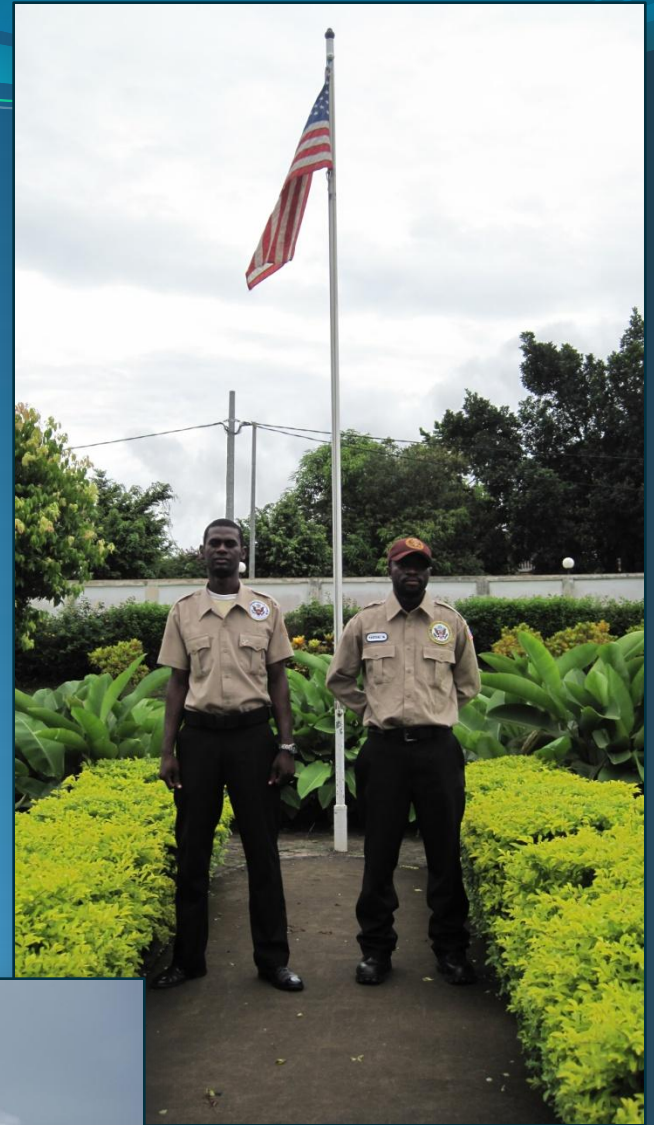
# Pollution Index in EG:

- With the exception of burning trash and car exhaust, there is little air pollution.
- Piles of trash can be seen in streets, but a greater effort is being made to keep the city clean.
- Tapwater is not suitable for drinking, therefore a water distiller or bottled water is necessary.
- Pollen and dust can be an issue during the dry season.



# Security Concerns:

- Post provides 24-hour, RSO-trained security for all housing.
- Violent crime is extremely rare against expats.
- Crimes of opportunity such as pick-pocketing and breaking into a vehicle, can be avoided with common sense and vigilance.
- Attempting to overcharge expats for goods and services is common.





# Housing:

➤ Example of a 3 Bedroom townhome with large yard, gazebo and driveway.



➤ Example of a 4 Bedroom home with large yard area, garden, garage and driveway.



# Good Post For Families/Singles/Couples?



➤ With a large American and international expat community, couples can enjoy a very active social life.

➤ The Mission is very family friendly!



➤ With a “relatively safe” night life, Malabo can be an excellent posting for a single person.



# What Type of Automobile is Suitable to Bring Because of Rugged Terrain, Lack of Parts, Service, and Local Restrictions.



- An SUV is optimum; for servicing & parts Toyota and Nissan are popular.
- The main roads and those leading to the interior are excellent.
- During the rainy season, pot holes develop quickly within the city and its neighborhoods.
- Excess mud and flooding can add wear and tear to your vehicle.
- Have your vehicle fully serviced before shipping; maintenance can be expensive.
- No local vehicle restrictions for diplomatic vehicles.

# Availability and Cost of Groceries and Household Supplies?



- Grocery stores generally offer a fair selection of food and household supplies.
- Shortages of bread, milk and eggs can occur; one learns to keep these items well-stocked.
- Prices are expensive compared to the US or Europe as everything is imported.
- Produce is readily available but prices can vary considerably depending on where you shop.

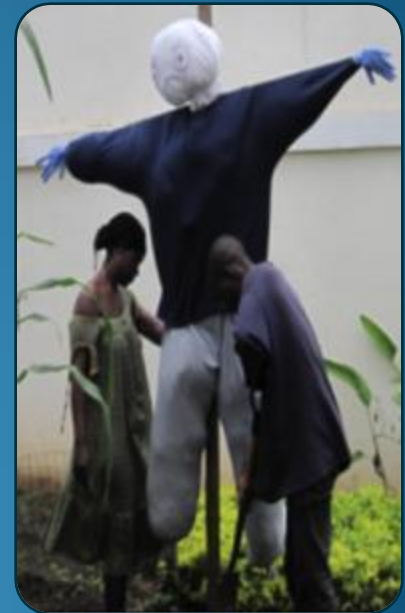




# Availability and Cost of Domestic Help:



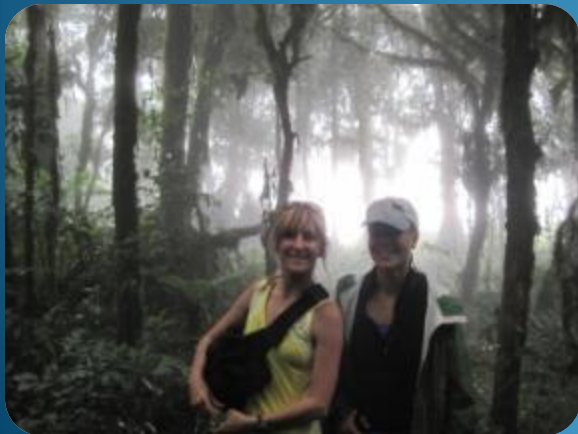
- Considered more expensive when compared to other African postings.
- A housekeeper /nanny can run from \$300-500 per month for fulltime, 6 days a week.
- Finding honest and reliable domestic help may prove to be difficult, but not impossible.





# Interesting Things To Do In The Area:

- Hiking in the mountains of Moka where the temperature is always several degrees cooler!
- Visit colonial era cocoa and banana plantations.
- A day at the beach for snorkeling and gathering beautiful Conch shells.
- Enjoy a weekend in Bata at the "French Beach", with a private gourmet chef and air-conditioned bungalows.
- Run or walk the HASH.
- Deep sea fishing; when allowed.
- Visit century-old wooden churches nestled in mountain villages.



# Quality Pet Care Available?



- There is one local vet who speaks English.
- He is quite knowledgeable, but the scope of his practice is limited.
- He cannot perform surgical measures, but can administer wound care, vaccinations and other minor medical procedures.



# What Immunizations are Required?



- Malaria prophylaxis is recommended.
- Proof of yellow fever is required for entry and exit of the country.
- Typhoid, Rabies and Hepatitis series shots are recommended.

Date of signature follows or la signature suit		date of birth né(e) le 4.07	
on the date indicated been vaccinated or revaccinated against yellow fever. à vacciné(e) ou revacciné(e) contre la fièvre jaune à la date indiquée.			
Date	Signature and professional status of vaccinator Signature et titre du vaccinateur	Manufacturer & batch number of vaccine Fabricant du vaccin et numéro du lot	Official stamp Cachet of centre de
9.4.08	YELLOW FEVER CENTRE: UKYFVC2220 37 NORTH AUDLEY STREET, LONDON W1K 6ZL. TEL: +44 (0) 207 408 1164 FAX: +44 (0) 207 408 1165	STAMARIL® Lot: A6023-2 Exp: 08-2009	



# Dress Code at Work and in Public:

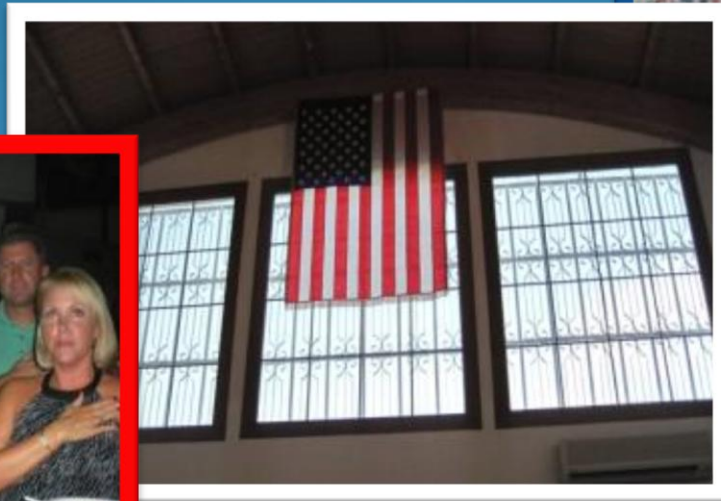


- For work, business casual, business formal and West African style are appropriate.
- European and West African Dress are worn locally.



# Morale Among Expats:

- Within the Embassy, employees enjoy the experience of working in a small post with wide and varied responsibilities.
- Despite being a “hardship post”, high morale exists in the American & Expat communities.





# Entertaining and Social Life:

- Local oil companies have weekly activities such as: international cuisine night, quiz night, live music night and karaoke.
- There are a good selection of restaurants.
- Many nice European-style discos.



- Housing is large enough to entertain and BBQ at home.
- Very active Malabo Spouse Group.



# What Difficulties Would Someone With Physical Disabilities Have Living in This City?

- Sidewalks and streets are difficult to navigate for someone with a physical limitation.
- The rainy season can add a further challenge to someone with a cane or wheelchair.
- Wheelchair ramps and handicap parking are non-existent.



# Comments About Credit Cards and ATMs.

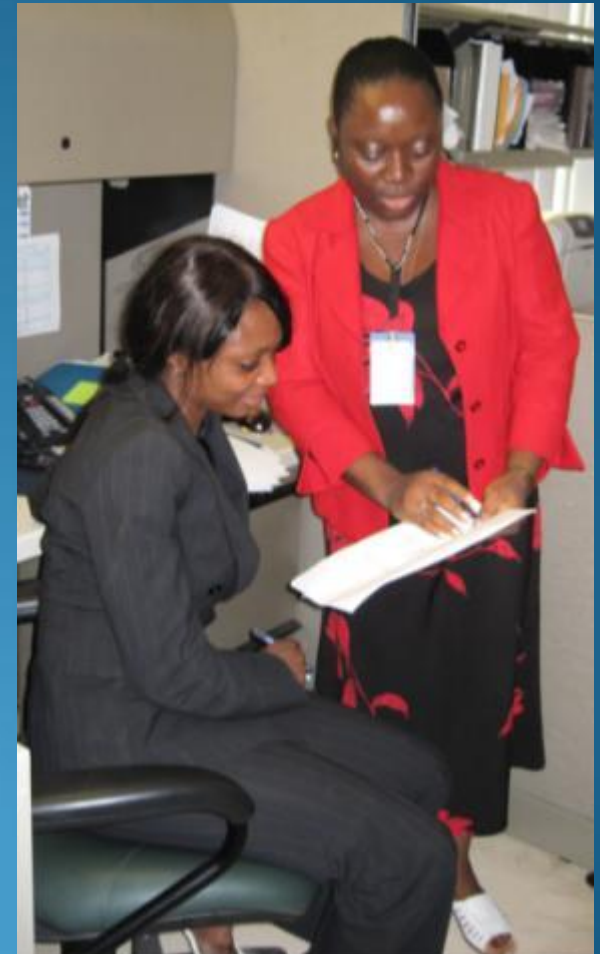


- Currently, the use of credit cards is almost non-existent in the country of EG.
- There is one ATM at the Malabo International Airport.
- The Embassy cashier cage is open daily and for Embassy personnel can convert up to \$500 per day into CFA (pronounced 'say-fah').



# How Much of the Local Language Do You Need to Know For Daily Living?

- Speaking Spanish is optimum, but one can survive with a phrasebook for specific scenarios. (ie shopping, dining, going to the pharmacy)
- French is listed as a one of the national languages; Spanish is more widely used.
- Some Embassy staff are fluent in English, Spanish and French.
- Spanish and French classes are offered locally for a reasonable price.





# Size of Expat Community:

- Due to large American oil companies there are around 600 Americans in EG at any given time.
- Significant European, Chinese and Arabic populations due to numerous private investors and companies



# English-Language Newspapers and TV available? Internet? Cost?

- English newspapers are not available.
- Armed Forces Network (AFN) is provided in each Embassy home and offers an excellent selection of current US programming and news.
- DSTV, a local cable company, is similar to an American cable provider but is very expensive.
- Embassy provides high-speed internet in each home.



# Any Health Concerns? What is the Quality of Medical Care Available?

- Healthcare in Malabo is adequate for non-emergency cases.
- Malaria & typhoid are concerns but preventable with diligence and care.
- The new Israeli hospital, 'La Paz', is located in Bata on the mainland. The hospital has superb care with highly trained doctors and staff. The hospital can handle minor emergencies; services include prenatal care, dentistry, and various other specialists.
- The First Lady sponsors a clinic called "La Clinica de Guadalupe". Staffed with doctors and nurses from Tunisia, Lebanon, China and Israel, the clinic is clean, but the level of care is limited.





# Are Gyms or Workout Facilities Available?

- The Embassy does not have a fitness center.
- Gym memberships are available locally, but very expensive .
- The main airport road is excellent for walking and running.
- Good roads and trails for both mountain and tourist biking.



# Do You Have Any Recommendations Regarding Cell Phones?

- The Embassy issues cell phones to FSOs and employees.
- Cell phones are available locally and the cost is nominal.
- A prepaid phone card is the predominant cell phone plan.
- One can bring an old cell phone and have it unlocked locally for around \$20.



# How Do You Receive and Send Your Letters and Package Mail?

- Post has an incoming Diplomatic pouch; occasional outgoing pouch if need exists.
- Items ordered online from major retailers can arrive within two or three weeks (i.e. Amazon, diapers.com, JC Penny); other packages and items can take longer.
- There is currently no mechanism to send out-going mail such as return items from internet shopping or prepaid boxes from USPS or Fed-Ex.
- Because of the large expat community, people are normally willing to courier mail for you when they are leaving for R & R. (this can be quicker than an APO/FPO Post!)





**Comments? More slides?  
Too many slides?**